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U. S. Department of Agriculture

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Housekeepers' Chat

Mon. Oct. 31/27.

(NOT FOR PUBLICATION)

Subject: "Modern Methods of Cooking Vegetables."

ANNOUNCEMENT: The following program includes suggestions for cooking vegetables, the modern way. All information, including menu and recipes, from the U. S. Bureau of Home Economics.

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Do you remember the recipe for Five-Minute Cabbage, broadcast last year? It was one of the most popular recipes ever developed by the Bureau of Home Economics. The recipe is in the new radio cookbook. Perhaps you remember it -- take shredded cabbage, cook it for two minutes, in hot milk, add cream or rich milk, butter and flour, blended together, and seasoning. Cook rapidly, for three or four minutes longer. The result is a deliciously crisp vegetable, delicate in flavor, and delicate in color.

Many radio friends said they were glad to have a new method of cooking cabbage, to take the place of the old method. Our mothers used to cook cabbage, for hours and hours, till it lost its fresh green color, its original flavor, part of its mineral content, and last, but very far from least -- some of its most important vitamins. If it hadn't been for the discovery of vitamins, I suppose we might still be overcooking our cabbage, our spinach, and other similar vegetables.

As I told you the other day, vitamins are substances, which exist in very small quantities, in a variety of foods. They are absolutely necessary, for normal growth, and normal health, and to protect us from certain diseases. Vitamins are widely distributed, in such food products as milk, butter, eggs, meat, fruit, and vegetables. Today we are going to confine our talk to vitamins in vegetables.

About the time that scientists discovered how necessary vegetables are, from a vitamin standpoint, they also discovered that the ordinary long process of cooking vegetables, is very hard on some of the vitamins. In fact, the value of two important vitamins, is gradually reduced, by ordinary cooking. Take cabbage, for instance. Nice fresh green cabbage is an excellent source of three vitamins, A, B, and C, but cabbage cooked hours and hours, boiled till it is a dark brown shadow of its former green self -- loses a great deal of its value, so far as vitamins are concerned.

Let's say just a word about Vitamin C -- the vitamin which helps to keep us free from scurvy. Among the best sources of Vitamin C are cabbage, lettuce, spinach, green beans, peas, turnips, and tomatoes. Vitamin C is the least stable of all the vitamins. Cooking tends to destroy the Vitamin C content of food, by dissolving it out, or destroying it, through oxidation. Now, since we know that

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cooking tends to decrease the Vitamin C content of many vegetables, we cook these vegetables rapidly, instead of slowly. We use as little water as possible, and save the water for gravies, sauces, and so forth. There may be important minerals, dissolved in the water that vegetables are cooked in.

But to return to vitamins. I have just stated that cooking tends to destroy certain vitamins. That is true, as a general rule, but there is an outstanding exception, in the case of tomatoes, and other acid fruits. Tomatoes are an excellent source of all three vitamins, A, B, and C. Quickly cooked tomatoes, and canned tomatoes, are just as good as raw tomatoes. That's one reason why you find tomatoes included in well-balanced diets. They may be served in such a variety of ways, too-- raw, stewed, baked, fried, broiled, or scalloped. Tomatoes make appetizing sauces, for use on meat, fish, boiled rice, croquettes, and so forth.

There's another point to remember, in modern vegetable cookery. Do not put vegetables in with a piece of meat, and let the vegetables cook till the meat is done. If the vegetables -- potatoes, for instance -- require 15 minutes to cook, put them in with the meat 15 minutes before the meat is done. The time of cooking should be determined by the vegetable itself, not by the meat.

There are two vegetable questions, to be answered before the dinner menu is broadcast.

First question: "What is the new method of vegetable cookery, called 'panning'?"

"Panning," spelled the way it is pronounced, p-a-n-n-i-n-g, is a method of cooking devised by the Bureau of Home Economics, to save the minerals and vitamins in vegetables. When vegetables are cut into small pieces, they cook quickly.

Panning consists of cutting vegetables into small pieces, and cooking them in a heavy covered pan, on top of the stove, with a little fat, to keep the vegetables from sticking. The moisture in the vegetables forms steam, which helps to cook them tender. Sometimes milk or cream is added, just before the cooking is finished. Panned vegetables contain all the minerals of the vegetables, and the minerals of the milk, and are more valuable for vitamins than if cooked a long time. It takes a skillful person to cook vegetables by the panning method, but the results are worth a little practice. Shredded string beans, kale, carrots, spinach, onions, cabbage, and diced summer squash, can all be cooked in this way.

Second question: "What are vegetable-plate meals?"

Vegetable-plate meals are just what the name suggests -- a meal of three, four, or five vegetables, served on a large plate. Sometimes the plate has a separate compartment for each vegetable. There are many pleasing combinations for vegetable-plate dinners. We shall talk about them some other time.

At last we are ready for the menu, which is a mighty good one, for the last day of October. Please take your notebooks, and your pencils, and remind Junior to be still, for a few minutes. Here's the menu: Quick Turnip Soup; Cold Meat; Carrots in Parsley Butter; Panned Kale; and Baked Apples.

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I shall give you the recipe, for Quick Turnip Soup. Seven ingredients, as follows:

4 cups milk.	1 tablespoon flour.
2 cups grated raw turnip.	2 tablespoons butter, and
1 1/4 teaspoons salt.	1/2 teaspoon parsley, cut very fine.
1/2 teaspoon grated onion.	

Count your ingredients, to make sure they are seven: (Repeat ingredients).

Heat the milk in a double boiler, add the flour and butter, which have been well blended, then the turnip, the onion, and the salt. Cook until the turnip is tender, or for about 10 minutes. Sprinkle the parsley in the soup just before serving.

With this soup, serve toasted cubes of bread or croutons. An easy way to make croutons is to spread slices of bread lightly with butter. Cut each slice into strips, then into cubes. Brown the cubes in the oven.

Our second recipe today is for Carrots in Parsley Butter. If you have never cooked carrots in parsley butter, with a little lemon juice added for seasoning, I'm sure this recipe will intrigue you. Five ingredients, for Carrots in Parsley Butter.

8 or 10 medium-sized carrots.	1 or 2 tablespoons lemon juice, and
1/4 cup butter.	1 tablespoon finely chopped parsley.
1/2 teaspoon salt.	

You should have five ingredients. Check carefully, while I repeat them: (Repeat)

Wash and scrape the carrots, and cut them in slices or dice. Cook in a small quantity of boiling salted water, until tender, or for about 10 or 15 minutes. Melt the butter, add the lemon juice, and the parsley. Pour over the carrots, and serve them at once.

Recipe Number Three is for Panned Kale, that is, kale cooked by the new method I explained a few minutes ago. First, strip the kale from the midribs, and discard them, and the stringy portions. Wash the kale thoroughly, in several waters, and cut it into small pieces. For each quart of kale, allow 2 tablespoons butter, or other fat. Melt the fat in a skillet, add the kale, and cover the skillet, to keep in the steam which forms when the juices of the kale are drawn out by heat. The kale will be done in from 10 to 20 minutes. Sift a teaspoon of flour over the greens, mix well, pour in 1/2 cup of cream or milk, and stir until thickened. Season with salt and pepper.

All three of these recipes are in the new Radio Cookbook, but I know that a good many of you do not yet have your books. We are mailing them out, as rapidly as possible, however. If you have written once for the book, and have not received it, please wait two weeks longer, before writing a second time.

I almost forgot to repeat the menu: Quick Turnip Soup; Cold Meat; Carrots with Parsley Butter; Panned Kale; and Baked Apples.

